

# "Stepping Out" In Charleston

Almost any type of physical activity is good for us. But walking has many advantages over other forms of exercise. It is a weight bearing aerobic activity that uses the largest muscles. It doesn't need any special equipment. It doesn't cost anything. And what other physical activity lets you talk to family and friends, daydream or explore your surroundings at the same time.

Charleston is the perfect "walking" city. It is a unique city known for its history, culture, architectural treasures, and natural beauty. Set out on foot to take in the sites, sounds, and smells of the old and the new while benefiting from the role physical activity plays on health and well being. All you will need to enjoy Charleston is a plan and the time.

Whether you are a resident of the area or a visitor to our city, we hope that you will explore downtown Charleston on foot. We have outlined four sample walking tours, all starting from The Market area on Meeting Street. Have fun and get moving!



<b>The Battery Walking tour: 3 miles</b>	<b>Points of Interest Along The Battery Walking Tour:</b>
<p><b>From The Market</b></p> <p>South (Left) on Meeting Street</p> <p>Left on Tradd Street</p> <p>Right on Church Street (follow to the right)</p> <p>Enter White Point Gardens</p> <p>Take steps up to The Battery turning Left (parallel to East Bay St)</p> <p>North to Broad Street</p> <p>Enter Washington Park (Broad St)</p> <p>Exit Washington Park (Meeting St)</p> <p>Turn right on Meeting St. Straight ahead and you are back at the market</p>	<p>Basket Ladies (corner Broad and Meeting St)</p> <p>Branford Horry House - 59 Meeting St (Charleston "double house")</p> <p>First Baptist Church (oldest Baptist Church in south designed by Robert Mills)</p> <p>White Point Park and Charleston Battery - harbor view and Fort Sumter, Moultrie and Johnson (brass marker at bend of Battery shows locations)</p> <p>Edmonston -Alston House 21 East Bay St (museum house)</p> <p>Rainbow Row 79-107</p>

<b>Waterfront Park Walking tour: 3 miles</b>	<b>Points of Interest Along The Waterfront Park Walking Tour:</b>
<p><b>From The Market</b></p> <p>South (Left) on Meeting Street</p> <p>Left on Waters Street</p> <p>Left on East Bay Street</p> <p>Right on S. Adger Wharf</p> <p>North through Waterfront Park</p> <p>Left on Vendue Range</p> <p>Left on East Bay Street</p> <p>Right on Chalmers Street</p> <p>Right on Meeting St. and straight back to the Market</p>	<p>Nathaniel Russell House - 51 Meeting St (museum house)</p> <p>Waterfront Park and Pier (view of Cooper River and Mt. Pleasant)</p> <p>Chalmers Street (cobblestone street made from heavy stones used for ballast on ships entering Charleston from Europe)</p> <p>Fireproof Building -100 Meeting St (first fireproof structure in U.S. built in 1822-1827 designed by Robert Mills first native American architect))</p> <p>Old Slave Mart - 6 Chalmers St</p>

Window Shopping Walking tour: 2 miles	Points of Interest Along The Window Shopping Walking Tour:
<p>From The Market:</p> <p>Cross Meeting Street</p> <p>Enter Charleston Place</p> <p>Exit Charleston Place on King Street</p> <p>Walk up East sidewalk of King Street</p> <p>To George Street</p> <p>Turn and walk down West sidewalk of King Street</p> <p>Left on Queen Street</p> <p>Left on Meeting Street St. and straight ahead to The Market</p>	<p>King Street is home to many unique specialty shops national name stores and antique shops. Retail shops line Upper King St while Lower King St is known as the "Antique District". There are also many places to grab a bite to eat or a cup of coffee</p>

Art and More Walking tour: 2 miles	Points of Interest on the Art & More Walking Tour:
<p><b>From The Market:</b></p> <p>South (Left) on Meeting Street</p> <p>Left on Cumberland Street</p> <p>Right on Church Street</p> <p>Right on Tradd Street</p> <p>Right on Meeting Street</p> <p>Meeting Street straight ahead back to The Market</p>	<p>St. Phillip's Episcopal Church and Churchyard - 146 Church St (oldest congregation in Charleston)</p> <p>The Dock Street Theatre - 135 Church St(America's first playhouse, 1809)</p> <p>Several Art Galleries between Queen and Broad St as well as on Broad St</p> <p>Cabbage Row (Cat Fish Row) - 89-91 Church St (inspiration for setting for Porgy and Bess)</p> <p>Andrew Hasell House - 64 Meeting St (typical Charleston "single house")</p> <p>St. Michael's Episcopal Church and Churchyard (Charleston's oldest church building, 1752-61)</p> <p>Several Art Galleries are located on Church St between Chalmers and Broad Streets and around the corner on Broad St (both sides of road). This area is known as The French Quarter.</p>